

## January Newsletter #2

Thank you all very much for all your positive feedback from our newsletters. We keep signing up more and more Demo Locations, and as you keep spreading the good word of true Sonic vibration exercise, with more of you joining our sales team, and receiving your commission checks. Keep up the great job you are all doing. You are all appreciated very much...

### Sitting on your Sonic Vibration Machine

When I first experienced true Sonic Vibration Exercise back in 2005, after I had done several sessions on the machine while standing, I set the Turbosonic in manual mode at 40 Hertz and about 50% power, and sat on the plate to feel the energy radiating through my body. It was quite a trip. As time moved on, I would encourage people to try meditation while sitting on the Sonic plate, and to add in Solfeggio frequencies or Gregorian Chant music through the Audio in, and use headphones from the Audio out at the same time. Everyone that tried it loved it, and would do a morning stand up exercise session, and an evening sit down relaxation session.

It was later on while investigating why everyone was feeling so much better on Sonic vibration than they did on mechanical vibration plates that I read about cats purring. A cat's purr is between 25 and 150 Hertz, but all of the cats I have had, or been around were in the lower range of 25 to 50 Hertz. Veterinarians have joked that if you put a cat in a closet with a bunch of bones the purring of the cat would heal the bones, or something like that.

In 2009 I got a call from Sage Robbins, the wife of the famous Tony Robbins. She told me a story that she and Tony had purchased a Power Plate, and the owner of Power Plate had come to their home to show Tony how to use the machine. While the owner of Power Plate was putting Tony in various exercise positions, while the plate was on, Tony injured his knee. Not a good scene. Tony Robbins is a very big guy and the owner of Power Plate is a very little guy. We had met at a trade show in 2006 where he was very impressed with the sonic technology. Tony told the guy to get the Power Plate out of his house and out of his life. After he recovered, they were researching various other vibration platforms and called me to learn more about the then Turbosonic. After answering all of Sages questions about the Turbosonic, she called back a few days later and ordered a Turbosonic X-7. After the unit had been delivered and set up at their Sun Valley, Idaho home, I got a call from Tony. His question was "now that I have gone through my exercise routine, what else can I do with this machine?" I then told him that I sit on my Turbosonic in the evening with the lights turned off, and meditate at 30Hz low amplitude for about 30 minutes or more. He screamed, "I teach meditation, I'm going to try that tonight, thank you very much, goodbye". Several days later Sage called and ordered 5 more Turbosonic X-7's. One to each of their homes and we even sent one to their resort in Fiji. Several years later someone sent me a short video clip of an Oprah Winfrey show where she was at a Tony Robbins Event in LA, and went behind the curtain at break time. There was Tony standing on his Black Turbosonic X-7, while he was eating, talking and feeling those good vibrations. Getting his

Chi energy up, and his mojo working. More recently the Robbins have purchased several of the newer Sonix machines. But Tony Robbins is a true Sonic vibration believer...

I have also had several calls and emails from Chi Gong groups from China, Singapore, Asia, and the US, telling me that for a Chi Gong master to bring up his Chi energy it normally takes about an hour or so, of sitting, concentrating, and breathing. When they do the same process while sitting on the Sonic plate, they can get their energy up into their brain in about 5 minutes or so with the Sonic Wave Technology.

Try it for yourself. Set your Sonic in manual mode at 30 - 35 Hertz and at a lower intensity, like 10-30%, and just sit on the plate cross-legged, or in a seated yoga position, relax and breathe in and out with long slow breaths. As you advance you can slowly flex your PC muscle and slowly breathe and flex the muscles up your spine, bringing the chi energy from your base up into your brain and then start the process over again, and again, and again. Before you know it, you'll be a Chi Gong master...

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For Turbosonic and older Sonix VM10 & VC12 owners

The original Turbosonic was extremely voltage sensitive. But if you think of the challenges the engineers had developing a machine to function at 110 volts, here in the U.S., where the rest of the world runs at 220 volts. They did not have the same problems with the Turbosonic's in other parts of the World as we did here in the US. At the time I had an account with Tripp Lite and we sold Line Conditioners that could be used to clean up the dirty voltage we have here in the U.S. If you have one of the older Turbosonic's I highly recommend you purchase a Tripp Lite Line Conditioner for your Turbosonic. I would recommend the LC1200 available on Amazon.

Some Turbosonic owners have even connected 2, or 3 Line Conditioners together to boost the voltage high enough so their Turbosonic did not run erratically. The Tripp Lite Line Conditioner has a buck and boost feature, that raises low voltage and lowers high voltage

For older Sonix VM10 and VC12 models – We have had several amplifiers fail over the last six months or so, and I asked the manufacturer why amplifiers fail? Their answer was time, heat and dirty US voltage. Here in the U.S. utility companies delivered voltage can vary from 97 volts up to 145 volts and they are considered within their limits. When a device is designed to run at 110-120 volts this can be very stressful on the device, especially if it is audio equipment. Which the Turbosonic and Sonix machines are. I recommend the Tripp Lite Line Conditioner 600 watt at \$72.09 on Amazon to help keep your Sonix running smoothly for many years to come. But, if your amplifier should fail, we always have them in stock.

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That about wraps it up for this Newsletter for now. Know that I am always available should you have any questions, concerns, or would just like to chat about how your Sonic vibration unit has affected your life. I got a call several weeks ago from an 86-year-old woman that purchased one of the original Turbosonic's 15 years ago. Her and her husband have both been using it everyday since then, and they both feel so much better than when they were in their early 70's,

without sonic WBV, and she just wanted to thank me for selling them their life changing sonic vibration machine. It was a very nice call. Keep sharing those good, good, good, good vibrations.

I am available at [Jim@soniclife.com](mailto:Jim@soniclife.com), or [sales@soniclife.com](mailto:sales@soniclife.com) or by text or phone at 541.490.5133

Be Well, Be Happy, Be Love,  
Jim